

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 – 7:00am		Boxing Jeff		Boxing Jeff			
9:00 – 10:00am	Southpaw Fit Nikki	Southpaw Fit Nikki	Southpaw Fit Nikki	Southpaw Fit Nikki	Southpaw Fit Nikki	Judo Dennis/Kasey	
10:00 – 11:00am	Boxing Vic		Boxing Vic		Boxing Vic	Conditioning All Disciplines John <hr/> Kids Judo Dennis/Kasey	
5:00 – 6:00pm	Southpaw Fit Nikki  Kids Boxing Vic	Kids Judo Dennis/Kasey	Southpaw Fit Nikki  Kids Boxing Vic	Kids Judo Dennis/Kasey	Kids Boxing Vic		
6:00 -7:00 pm	JO Boxing Vic/Curtis  Boxing John	Judo Dennis/Kasey  Boxing Jeff	JO Boxing Vic/Curtis  Boxing John	Judo Dennis/Kasey  Boxing Jeff	JO Boxing Vic/Curtis  Boxing John		
7:00 – 8:00pm	Boxing John  Southpaw Fit Nikki	Muay Thai kasey  Southpaw Fit Nikki	Boxing John  Southpaw Fit Nikki	Muay Thai Rich  Southpaw Fit Nikki			
8:00 – 9:00 pm		Kali Silat Vic/Kasey		Kali Silat Vic			
Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed

**SOUTHPAW GYM TRAINING SCHEDULE**  
**732-895-9422**

**Southpaw Gym Membership Options: \$49.99 Enrollment Fee**

**Southpaw Unlimited Membership:**

**Unlimited Disciplines & Classes**

**1 Year - \$85.00/month**

**6 Months - \$95.00/month**

**Month to Month \$110.00 a month**

**Open Gym Membership**

**1 Year - \$50.00**

**6 Months - \$60.00**

**Gym Only M2M - \$65.00**

**(Does not include classes)**

**Southpaw Fit Membership:**

**1 Year - \$55.00/month**

**6 Months - \$60.00/month**

**Month to Month \$65.00 /month**

**Private Training**

**\$75.00 per Session (1-9 sessions)**

**\$65.00 per Session (10 -19 sessions)**

**\$55.00 per Session (20-24 sessions)**

**\$45.00 per session (25 or more)**

**Combination Packages Available Upon Request**

**PRIVATE & SMALL GROUP TRAINING AVAILABLE BY APPOINTMENT**

**Hooks & Books**

**\$125.00 a week – 5 days**

**Mitt Work**

**\$1.00 a Minute (Min. 30 Minutes)**

**Southpaw Summer Camp**

**\$175.00 a week 5 Full Days 9:00am – 5:00 pm**

**Southpaw VIP Membership**

**Key membership 24 hour access**

**classes included. \$159.00 a**

**all**

**Extended hours available**

**month**

**All memberships have a 30 day WRITTEN cancelation policy. You must cancel 30 days prior to your next billing date or you will be charged, at which time you are able to train for the time paid. All term contracts auto roll to a month to month also w/30 day WRITTEN cancelation policy\***

**Written means email. Text message or on a piece of paper!**

**Personal, Private, Small Group Training, Workshops, Seminars \* Events. Birthday Parties Available**

**Equipment & Uniforms are Required for Certain Classes\*No refunds other than what is stated in membership agreement**

**Equipment Packages**

**Kids Boxing: Ages 12 & Under**

**Gloves, Wraps, Mouthpiece**

**Jump Rope, Boxing Shoes \$129.99**

**Shin guards 154.99**

**Silat**

**Ask for Equipment list**

**Teen & Adults Boxing**

**Gloves, Wraps, Mouthpiece**

**Jump Rope,**

**Boxing Shoes \$154.99**

**JUDO**

**Gi – \$65.00 – \$95.00**

**Muay Thai**

**Gloves, Wraps, Mouth piece**

**Jump Rope,**